



Life YOUiversity

Quality personal and family life skills education for the military community.

Army Strong: Keeping Children & Families SAFE

By: Darryl Thomas, ACS Victim Advocacy Program Manager, Fort Myer

The month of April is designated nationally as Child Abuse Awareness Month and in the military, Month of the Military Child. During this month at your local military installations you will find a variety of programs, events, classes and displays celebrating military children and promoting awareness about identifying and reporting suspicions of child abuse. The Army has designated the campaign theme of Keeping Children & Families SAFE. We all have a part to play in the prevention of child abuse and celebrating military children. Child abuse and neglect can have serious consequences if we ignore it or are not aware of the signs and symptoms. Did you know that:

Child abuse and neglect may permanently or seriously damage the physical and mental development of the child. The physical effects may include damage to the brain, vital organs, eyes, ears, arms or legs. These injuries may result in mental retardation, blindness, deafness or loss of a limb. The child's development may be arrested. In a worst-case scenario—the child may die.

Emotional damage is also serious. Abused children often display a low self-concept, poor academic performance, impaired thought processes, poor language development, poor perceptual and motor skills, aggression, anxiety and self-destructiveness. These characteristics may later lead to anti-social behavior, abuse of drugs or alcohol, suicide or prostitution.

Society pays the price by losing productive members. Millions of dollars in taxes go toward controlling and helping adults who were abused as children and responded with violence later in their lives. Approximately 80-90% of inmates in U.S. prisons were abused or neglected as children. Taxes pay for their keep as well as for abused children who need care in hospitals, institutions and mental health centers.

Despite the grim picture painted in the paragraphs above, it is merely a snapshot of one of the saddest and most embarrassing aspects of life in the greatest country in the history of the world.

For more information about child abuse prevention and awareness contact your local family advocacy office.

To report suspicions of child abuse and neglect, contact your local police or on post the Military Police or

National Child Abuse Hotline	1-800-422-4453
Virginia 24 Hour Child Abuse Hotline	1-800-552-7096
Maryland 24 Hour Child Abuse Hotline	1-800-332-6347
DoD Child Abuse Hotline	1-800-336-4592



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All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.

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For more information visit www.scanva.org

PARENTING

NEW

Anacostic Annex, DC

Parenting

Date(s): April 3, & May 1, 2008

Time: 9:00 a.m.—12:00 p.m. & 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can respond to them. Additional topics include: temperament, respect, and the impact of the military and children. Children allowed!!

Parenting

Date(s): April 10, 17, & May 15, 2008

Time: 12:00—2:00 p.m., 12:30—2:30 p.m. & 5:00—7:00 p.m.

Location: Bellevue Housing Community Center, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can respond to them. Additional topics include: temperament, respect, and the impact of the military and children. Children allowed!!

Andrews Air Force Base, Maryland

Dads 101

Date(s): Last Tuesday of every month

Time: 8:30 a.m.—4:00 p.m.

Location: Chapel # 3, near base theater, Andrews Air Force Base

POC: Taught by Dads

To register, call (240) 857-9680/7501.

A class taught by dads for dads to include topics on pregnancy, coaching during childbirth, relationships, parenting issues and fatherhood. All ranks and branches welcome!

Infant And Toddler University

Date(s): Every Tuesday

Time: Infants 9:30—10:25 a.m. and Toddlers 10:45—11:40 a.m.

Location: CDC near Virginia Gate, Andrews Air Force Base

POC: Ms. Joyce Cravin, & Ms. Alma Fontanez

To register, call (240) 857-8153 or (310) 599-8884.

Playgroups for children ages 3 months to 36 months. All are welcome, retirees, active duty and even grandparents! Playgroup is free.

The Women, Infant & Children (WIC) Nutrition Program

Date(s): Appointments required on Thursdays except on federal holidays

Time: 8:30 a.m.—4:30 p.m.

Location: 1191 Menoher Drive, FAP Office, Andrews Air Force Base

Instructor: Nurses from Prince George's County WIC Program

To make an appointment, call (301) 856-9600.

Information is provided to assist moms with choosing healthier foods so babies and children grow and develop. WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant, new mothers, an infant or child under 5 years of age who are Maryland residents may be eligible.

Family Advocacy Safety Education Seminar

Date(s): Second (2nd) Wednesday of every month

Time: 8:00 a.m. to 12:00 p.m.

Location: 1191 Menoher Drive, FAP Office, Andrews Air Force Base

Instructor: Representatives from different agencies

To register, call (240) 857-9680.

Educational seminar provides information to reduce the risk for child and partner maltreatment, increases knowledge and skill building for families with potential risk factors, and promotes resilience and mission readiness.

Bolling Air Force Base, DC

Dr. Dad

Date(s): Last Tuesday of every other month

Time: 8:00 a.m. — 4:30 p.m.

Location: Chapel, Bolling Air Force Base

POC: TSgt Wilson & TSgt Madison, MSgt St. Fort

To register, call (202) 767-1339 or (202) 767-0611.

This course is taught by men for men regarding infant care, safety, health and injury.

Fort Belvoir, Virginia

Play Morning

Date(s): Every Wednesday and Thursday

Time: 10:00 a.m. — 12:00 p.m.

Location: Youth Services Building, 5850 Langfitt Loop, Fort Belvoir

POC: Ms. Natasha Wanzer

For more information and to register, call (703) 805-2693/4590.

This is a weekly playgroup for parents and children featuring songs, stories, activities, and toys for children, birth through 5 years of age. It is also a fantastic opportunity for parents to share with their children and other moms and dads. Please call for more information.



Baby Bundles

Date(s): April 4, 2008

Time: 1:00—4:00 p.m.

Location: Army Community Service Conference Room, Bldg 210, Fort Belvoir

Instructor: Ms. Vonnie Blanken & Ms. Christina Walz-Rios

To register, call (703) 805-4547/2693/4590.

Learn how to care for and financially prepare for your baby. Presented jointly by the New Parent Support & Financial Readiness Programs. Class is limited to 12 participants per month and pre-registration is required. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).

Parent University

Date(s): April 29, 2008

Time: 10:00 a.m. — 3:00 p.m.

Location: Barden Education Center, Ft. Belvoir

Instructor: Various

To register, call (703) 805-2781/9117.

This one day conference is open to the entire community. Participants will choose from a variety of "mini" seminars offered throughout the day. Classes are taught by local experts and designed to help families be successful during these difficult times. This conference is free, but pre-registration is required. Class sizes are limited and on a first come first serve basis.

PARENTING (CONTINUED)

Active Parenting for Stepfamilies

Date(s): May 6, 13, 20, 27 & June 3, 10, 2008

Time: 5:00—6:00 p.m.

Location: Army Community Service Conference Room, Bldg 210, Fort Belvoir

Instructor: Ms. Diane Pierre

To register, call (703) 805-3339/2693.

This class will help guide parents and step-parents in learning skills needed to achieve stability and success in their step families, build long lasting family relationships and prepare their children for responsible adulthood.

Infant Massage

Date(s): May 7, 14, 21, 28, 2008

Time: 1:00—3:00 p.m.

Location: OB Conference Room, DeWitt Army Hospital, Ft. Belvoir

Instructor: Ms. Christina Walz-Rios & Ms. Betty Kerr

To register, call (703) 805-4547.

During this 4 week course parents will learn techniques to calm and soothe your baby through nurturing touch while increasing bonding and attachment.

Fort Meade, Maryland

Romp N Stomp Playgroup

Date(s): Every Tuesday

Time: 9:30—11:30 a.m.

Location: Army Community Service, CYS, Bldg 909, Ft. Meade

Instructor: Ms. Sherri Collins

For information, call (301) 677-5590.

This program offers parents and children, up to age 5, a variety of toys, equipment, books, learning activities and arts & crafts projects to help children develop their fine and gross motors skills and social skills.

Babease Boot Camp

Date(s): April 18, & May 16, 2008

Time: 9:00 a.m. — 4:00 p.m.

Location: Army Community Service, Patriot Room, Ft. Meade

Instructor: TBA

To register, call (301) 677-5590.

This seminar for new and expecting parents covers topics such as infant care, diet and nutrition, ages and stages of development, child care and much more. Upon completion participants receive a Babease Boot Camp Bundle.

Family Fun Festival

Date(s): April 19, 2008

Time: 10:00 a.m. — 2:00 p.m.

Location: Ft. Meade Pavilion

POC: Ms. Stacy Hale

For more information, call (301) 677-5590.

This annual family-focused fair offers activities, games, rides, family information, health and safety information, giveaways, prizes and more. Attendance is FREE!!

Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 9:30 — 11:30 a.m.

Location: Memorial Chapel Nursery, Fort Myer

Group Leader: Ms. Lisa Yenter

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This interactive setting also helps develop parent/child bonding and parental support. Registration is required.

Budgeting for Baby & Baby Bundles

Date(s): May 2, 2008

Time: 1:00—4:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Lisa Yenter

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).



S.O.L.V.E.



Date(s): May 5, 12, 19, 2008



Time: 4:00—6:00 p.m.



Location: Library, Bldg 469, Fort Myer



Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

During these 3 weeks, parents will learn the S.O.L.V.E. technique to addressing problem behaviors in their toddlers.

Active Parenting Now

Date(s): May 6, 13, 20, 27, & June 3, 10, 2008

Time: 4:00—6:00 p.m.

Location: TBA, Fort Myer

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

During these six weeks parents will learn how to be an active parent, win children's cooperation, develop responsibility, and build courage, character, and self esteem in your child.

NEW

Patuxent River, Maryland

Active Parenting Ages 5-12

Date(s): April 15, 22, & 29, 2008

Time: 6:00—8:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Lolita Tyler-Lockett

To register, call (301) 342-4911.

Discover how to eliminate power struggles with discipline skills that really work. At the same time, learn how to develop your children's pride, inner strength, and sense of responsibility. Video and discussion format.

Budgeting for Baby

Date(s): April 23, & May 28, 2008

Time: 10:00 a.m. — 12:00 p.m.

Location: Chapel Annex, Bldg 401, NAS Patuxent River

Instructor: Ms. Maureen Farrell

To register, call (301) 342-4911.

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corp Service Members that attend will receive a new layette worth more than \$100.

PARENTING (CONTINUED)

Amazing Newborns

Date(s): May 8, 2008

Time: 6:00—8:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Lolita Tyler-Lockett

To register, call (301) 342-4911.

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby. Discuss feeding, health care, and safety issues. Participants will receive a complimentary book, "Your Baby's First Year" and audiotape "Heartbeat Lullabies".



1-2-3-4 Parents

Date(s): May 13, 20, & 27, 2008

Time: 6:00—8:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Lolita Tyler-Lockett

To register, call (301) 342-4911.

A three-session program designed to meet the special challenges of parenting children in the one to four year old age groups. The program focuses on the following: developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

HOME, HEALTH & MARRIAGE ENRICHMENT

NEW

Anacostic Annex, DC

Stress Reduction

Date(s): April 1, & May 6, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn how stress affects our personal and professional lives, how to decrease the stress we are experiencing and how to interrupt the stress cycle by using relaxation techniques. This class is highly recommended for Service Members and their families.

Anger Management Overview

Date(s): April 1, & May 6, 2008

Time: 1:00 —3:00 p.m. & 5:00—7:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex & Bellevue Housing

Instructor: TBA

To register, call (202) 433-6151.

Can't attend 3 sessions? Join us for an overview of our anger management workshop. Participants will learn to become more aware of anger in themselves and others, to understand how anger or the repression affects us, and how to develop positive ways of dealing with anger.

Suicide Awareness

Date(s): April 2, & May 7, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This program explores certain suicide myths, and discusses common warning signs and symptoms that heighten suicide risk. Highly recommended for all new Service Members.

Effective Communication

Date(s): April 2, & May 7, 2008

Time: 1:00 —3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn how to effectively communicate your needs, ideas and feelings that get lost because of anger/frustration. Learn how to effectively communicate. Recommended for couples, Service Members and Family Members.

Anger Management

Date(s): April 8, 15, 22, & May 13, 20, 27, 2008

Time: 1:00 —3:00 p.m. & 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Do you find your anger racing from 0-60 at work or home? This workshop is designed to help participants become more aware of anger in themselves and others, to understand how anger or the repression affects us, and how to develop positive ways of dealing with anger. Must attend all 3 sessions for certification.

IA Deployment Brief

Date(s): April 15, & May 20, 2008

Time: 12:00 —2:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

With the phrase, "Boots on the Ground" comes the challenge of being prepared in case you receive orders for an IA deployment. Learn what an IA deployment means and how to prepare at this brief.

Conflict Resolution

Date(s): April 16, & May 16, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Are you eager to learn effective ways to handle conflict? Sick of getting so upset you lose control? This seminar is for you. The emphasis will be on recognizing sources of anger, conflict and healthy ways to modify conflict.

Relationship Enhancement

Date(s): April 16, & 21, 2008

Time: 5:00 —7:00 p.m.

Location: Bellevue Housing Community Center, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Need to find ways to improve your communication while enhancing your current relationship? This workshop can make a difference by teaching participants about communication styles, how to resolve conflict, and ways to develop effective speaking and listening skills. Registration is open to everyone. Children allowed.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Sponsorship Training

Date(s): April 17, 2008

Time: 12:30 —2:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Chosen to sponsor an inbound Service Member? This class covers how to make contact, what information needs to be provided, and gives information on available resources and support services that will make your job and the incoming Service Member's move much more satisfying.

Smart Emotions

Date(s): April 22, & May 29, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

A step up from a regular anger management class, this course will teach participants to learn how to identify what makes them angry and look at alternative approaches when dealing with their anger, while trying to manage anger without using violence as an alternative.

New Spouse Orientation

Date(s): April 22, & May 27, 2008

Time: 8:30 —11:30 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

New to the area or the military? Let FFSC assist you with your transition. Learn what programs, activities and organizations are at your fingertips.

Self-Esteem / Self-Confidence

Date(s): April 24, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Participants will learn to value and correct mistakes without guilt, how to communicate anger without doing harm and how to hold the line and mean what you say.

Assertiveness Training

Date(s): April 24, 2008

Time: 1:00 —3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn communication techniques to help in becoming more assertive and understand the differences between assertive and aggressive behavior.

Smooth Move

Date(s): April 29, & May 27, 2008

Time: 9:00 —11:00 a.m. & 8:00—11:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: Ms. Eileen Seeley

To register, call (202) 433-6151.

Transferring to a new duty station? This workshop offers tips to help make your move as "painless" as possible. Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress.

Andrews Air Force Base, Maryland

Prevention & Relationship Enhancement Program (PREP)

Date(s): May 3, 2008

Time: 9:00 a.m.—4:00 p.m.

Location: Airman & Family Readiness Center, Andrews Air Force Base

Instructor: Ms. Seconda Moore

To register, call (240) 857-9680.

This marriage enrichment seminar is for couples interested in learning effective problem solving techniques and improving communication skills.

Fort Belvoir, Virginia

Sponsorship Briefings

Date(s): Third (3rd) Tuesday of the first month of each quarter

Time: 1:30 — 3:00 p.m.

Location: Barden Education Center, Fort Belvoir

POC: Ms. Iliana Chacon

For information, call (703) 805-5058.

This briefing is designed to help sponsors provide new arriving personnel with contact information and resources.

Welcome to Germany

Date(s): Third (3rd) Thursday of each month

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Room 114 Fort Belvoir

Instructor: Ms. Iliana Chacon

To register, call (703) 805-5058.

This class is for personnel and Family Members preparing to PCS to Germany. Registration is required.



Welcome to Korea

Date(s): Fourth(4th) Thursday of each month

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Room 114 Fort Belvoir

Instructor: Ms. Iliana Chacon

To register, call (703) 805-5058.

This class is for personnel and Family Members preparing to PCS to Korea. Registration is required.

Newcomer's Orientation

Date(s): April 7, 2008 & May 5, 2008

Time: 9:00—11:00 a.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Ms. Iliana Chacon

To register, call (703) 805-5058.

This brief is open to all people living and working on the installation.

Sexual Assault Prevention & Awareness Self Defense Class

Date(s): April 8, & 22, 2008

Time: 6:00—7:30 p.m.

Location: Wells Gymnasium, Fort Belvoir

Instructor: Mr Eric & Ms. Julie Divine

To register, call (703) 805-2693/4590.

This is a 2 part self-defense class and participants must attend both sessions. Class is free, but class size is limited and requires pre-registration. Call early to reserve your space.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Parent & Teen Self Defense Class

Date(s): April 9, 2008

Time: 6:00—7:30 p.m.

Location: Youth Services, Fort Belvoir

Instructor: Ms. Patricia Shamburger

To register, call (703) 805-2693/2781

This fun and exciting class will enable parents and teens to learn valuable self defense skills. Class is free, but class size is limited and requires pre-registration. Call early to reserve your space.

Levy Briefing

Date(s): April 10, & May 10, 2008

Time: 9:30—11:00 a.m.

Location: Barden Education Center, Room 108, Fort Belvoir

Instructor: Ms. Iliana Chacon

To register, call (703) 805-5058.

An ACS relocation specialist will discuss and inform Soldiers about the service programs available within Army Community Service.

Sexual Assault Prevention & Awareness Kick-off

Date(s): April 11, 2008

Time: 1:00—3:00 p.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Ms. Robin Stevenson-White

To register, call (703) 805-2693.

Seminar is free and open to the public. Call for more information and to register.

Couple's Communication

Date(s): May 14, 2008

Time: 5:00—7:00 p.m.

Location: Army Community Service Conference Room, Bldg 210, Fort Belvoir

Instructor: Ms. Diane Pierre

To register, call (703) 805-3339/2693.

This class will enable couples to learn effective communication skills and conflict resolution. Pre-registration is required.

Men Can Stop Rape

Date(s): April 16, 2008

Time: 1:00—3:00 p.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Ms. Robin Stevenson-White

To register, call (703) 805-2693/4590.

Participants will gain valuable skills and knowledge to prevent violence against women.

Fort Meade, Maryland

Basics of Collaborative Problem Solving

Date(s): April 8, 2008

Time: 9:30—11:30 a.m.

Location: Army Community Service, Ft. Meade

Instructor: TBA

To register, call (301) 677-5590.

Everyday people face problems as they relate to co-workers, friends, family, clients and customers. Resolving these problems can be daunting, and effective problem resolution requires flexibility and the willingness to be collaborative. Learn these skills during the seminar: to identify barriers to a positive outcome; identify traits of effective problem solvers; describe an 8 step model for problem solving; utilize specific tools for gaining consensus; and experience increased self confidence when resolving problems with others.

Communication: The Art of Listening

Date(s): April 22, 2008

Time: 11:30 a.m. — 12:30 p.m.

Location: Army Community Service, Freedom Room, Ft. Meade

Instructor: TBA

To register, call (301) 677-5590.

Listening is not as easy as it seems. It is an activity that requires much thinking, energy, and work, especially when your not interested, but need to pay attention anyway. Participants will learn to be able to assess their listening skills, identify barriers to effective listening and learn strategies for removing them, recognizing benefits of effective listening and identifying a model for effective listening and applying its components.

Bouncing Back: How to Stay Resilient During Life's Challenges

Date(s): May 13, 2008

Time: 11:30 a.m. — 12:30 p.m.

Location: Army Community Service, Freedom Room, Ft. Meade

Instructor: TBA

To register, call (301) 677-5590.

Life is a mixture of joy and sorrow, good times and not-so-good times, achievements and stumbling blocks, and strength and vulnerability. This seminar will assist participants in understanding resiliency and how it can be used for success and satisfaction in life.

Relax the Body, Calm the Mind

Date(s): May 27, 2008

Time: 11:30 a.m. — 12:30 p.m.

Location: Army Community Service, Freedom Room, Ft. Meade

Instructor: TBA

To register, call (301) 677-5590.

As the demands of work and personal life increase, people often experience stress, accompanied by physical and emotional tension. This seminar helps participants identify the interconnection of the mind and body and stress, recognize the value of relaxation techniques, learn how to activate their body's own relaxation response, and practice three stress management techniques.

Fort Myer, Virginia

Start Right

Date(s): Every Thursday

Time: 8:00 a.m.—3:30 p.m.

Location: Center for Substance Abuse Prevention, Bldg 230, Fort Myer

Instructor: PSC and agency Presenters

To register, call (703) 696-0026.

Start Right is a comprehensive in-processing program that brings together all in-processing services and provides information regarding the "quality of life" within the Fort Myer Military Community (FMMC) and the Military District of Washington (MDW).

Wise Quotes Child Safety Education

Date(s): April 10, & May 8, 200

Time: 4:00—5:30 p.m.

Location: Child & Youth Services, Bldg 469, Fort Myer

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

This class is for school aged children in grades 1-5. In April children will discuss citizenship and learn the importance of contributing to school and community. In May children will learn conflict resolution skills that focus on managing feelings, forgiveness and resolving conflicts wisely.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Marriage L.I.N.K.S.

Date(s): April 12, 2008

Time: 9:00 a.m.—3:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Dannielle Semilla, & Ms. Lisa Yenter

To register, call (703) 696-3512.

Falling in love is easy...Staying in love is an art. In this class couples will explore ways to keep up with deeply knowing your partner, fulfilling your partner's needs, keep romantically renewing your union, and developing a resilient model of commitment throughout the course of your marriage.

Smooth Move

Date(s): April 15, & May 20, 2008

Time: 1:00 — 2:30 p.m.

Location: Army Community Service, Room 14, Bldg. 201, Fort Myer

Instructor: Relocation Specialist

To register, call (703) 696-3510.

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.

The 5 Languages of Love

Date(s): April 18, 2008

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Raphaela Brown & Ms. Lisa Yenter

To register, call (703) 696-3512.

This class focuses on the importance of respecting your partner, accepting differences, and building a relationship that is valued by both. This class is for those who have just started a new relationship or have been together for awhile. Participants will gain insight about core elements that make a relationship work.

Kids on the Block

Date(s): April 23, 2008

Time: 2:00—3:00 p.m.

Location: Child Development Center, Bldg 469, Fort Myer

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

The Kids on the Block, created in 1977, features life size puppets who use the magic of a live puppet theatre to teach children and adults. Scripted material for this performance will address bullying, problem solving and multiculturalism. Program content is appropriate for 1st-5th graders. *Seating is limited and an adult must accompany children not enrolled in the CYS after school program.*

Teen Self Defense Class

Date(s): TBA

Time: 5:00—6:30 p.m.

Location: Youth Services, Bldg. 469, Fort Myer

Instructor: TBA

To register, call (703) 696-3512.

This fun and exciting class will enable teens to learn valuable self defense skills. Class is free, but class size is limited and requires pre-registration. Call early to reserve your space.

Staying Home Alone

Date(s): May 16, 2008

Time: 4:00—6:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

This class is for children ages 10 and older. It teaches children skills to keep them safe while they are home alone.

What Planet Is Your Sweetheart From?

Date(s): May 17, 2008

Time: 9:30 a.m. — 1:30 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Lisa Yenter & Ms. Patti Wells

To register, call (703) 696-3512.

This course begins with participants participating in a Myers Briggs Personality Type Inventory. During the course, students will learn their personality types, what they mean, and how they may effect their relationships with others.

NEW

Patuxent River, Maryland

IA Indoctrination

Date(s): April 7-11 & May 5-9, 2008

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various Commands

To register, call (301) 342-4911.

Individuals that have been selected for Individual Augmentee are strongly encouraged to report to FFSC on TAD orders for this week long process. Various presenters will take care of all your IA needs through this one stop shop. Pre-registration is required the Friday prior to the class start date.

IA Spouse Brief

Date(s): April 9, & May 7, 2008

Time: 12:30—4:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various Commands

To register, call (301) 342-4911.

Spouses are encouraged to attend on Wednesday to hear recently returned IA's experiences important information for family support issues.

Assertiveness Training

Date(s): April 10, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Tammy Smith

To register, call (301) 342-4911.

Learn communication techniques to help in becoming more assertive. Assertiveness is standing up for personal rights by expressing thoughts, feelings and beliefs in direct, honest and appropriate ways. Understand the differences between assertive and aggressive behavior.

IA Family Connection

Date(s): April 15, & May 13, 2008

Time: 3:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various

To register, call (301) 342-4911.

The FFSC invites IA spouses and their families to join us and participate in various education topics that specifically relate to needs of IA families. Childcare will be provided. April's Topic: Month of the Military Child. May's Topic: Military Spouse Appreciation.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Return and Reunion

Date(s): April 17, & May 15, 2008

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Gwen Cuomo

To register, call (301) 342-4911.

This class is designed to facilitate a smooth transition for military personnel from the combat environment to family, community and workplace. Spouses are encouraged to attend.

Sponsor Training

Date(s): April 19, 2008

Time: 9:00—1:00 a.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Jim Lettner

To register, call (301) 342-4911.

This training is for the active duty Service Member who has been assigned to "Sponsor" another active duty Service Member who will be arriving at this duty location.

Smooth Move

Date(s): May 1, 2008

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Jim Lettner

To register, call (301) 342-4911.

This class is designed for those moving anywhere within the U.S. or overseas. Learn from the experts about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

Understanding Stress

Date(s): May 6, 2008

Time: 11:30 a.m. — 12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Tammy Smith

To register, call (301) 342-4911.

Manage your stress by learning what it is, what causes it and how to help yourself get a handle on it. Manage it so it doesn't manage you!!

Welcome to Pax

Date(s): May 14, 2008

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Jim Lettner

To register, call (301) 342-4911.

This class is jam-packed with information about the base and surrounding communities. Included in the program is a behind-the-scenes tour of NAS, terrific handouts, and loads of useful information about what to do and where to go while living in Southern Maryland.



***April is National Sexual Assault Awareness Month.
Wear a teal ribbon and show your support.***

SPC Burke could hardly sleep because she remembered hearing the screams that penetrated her barrack room last night. They came from SPC White's room next door after a neighborly get-together that was characterized by a lot of alcohol consumption. She tried to close her eyes, but all she saw was SPC White slow dancing with a girl that was invited by one of the Soldiers. The girl later reported to law enforcement that she was raped. SPC Burke felt overwhelmed by guilt as she remembered the uneasy gut feeling she had last night, when watching SPC White. Even when she heard the cries for help, she decided not to intervene as this was not her business anyway. She concluded that she was not anyone's babysitter. Now she wished she had listened to inner warning signals and had said something.

What would you think if you were at a party and you would see your buddy acting overly attracted to some person he/she barely knows?

What if she/he had consumed a large amount of alcohol?

What if he/she were at the point of not being able to stand up on his/her own?

What if someone you know professionally approached you or your buddy too intimately?

These questions are often being addressed by bystanders, those who observe others in questionable, potentially dangerous situations. Bystanders are usually pondering whether they should do something, but decide not to as no one else is either. Many times they observe red flags but fail to intervene. Drinking alcohol can make it harder for anyone to read the cues and to stop a situation that could turn dangerous.

The Department of Defense has declared April to be Sexual Assault Awareness Month and the motto is "**Ask! Act! Intervene!**," in particular when alcohol consumption is involved. All Service Members and civilians are called upon to **ask** themselves whether there may be a need to **act** and to **intervene** so to prevent a crime from happening. In order to learn more about what you can do or how you may support someone you know who was sexually assaulted, please call your Fort Myer SARC at (703)696-8463 or 24/7 at (703) 919-1611.

On April 9, 0630, the Fort Myer SARC office is staging a 5K Fun Run and at 1130 a Chili Cook Off, all to raise awareness to the crime of sexual assault. Please call above number or email raphaela.brown@us.army.mil for more information.

FINANCIAL READINESS

NEW

Anacostic Annex, DC

Credit Management: Using Credit Wisely

Date(s): April 9, 2008

Time: 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Participants will learn how to use credit wisely, about establishing credit history, credit reports and scores, the cost of credit, warning signs of too much credit, and recovering from over-indebtedness.

Command Financial Specialist Training

Date(s): April 28 - May 2, & May 12-16, 2008

Time: 7:30 a.m.—4:00 p.m. & 8:00 a.m.—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex & Patuxent River

Instructor: TBA

To register, call (202) 433-6151.

E-6 and above Service Members will learn the basic principles and practices of sound money management, counseling tools and referral services via a comprehensive education and training seminar. This program emphasizes a proactive, career lifecycle approach to personal financial responsibility.

Financial Education: Retirement & Investments

Date(s): May 14, 2008

Time: 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Participants will learn the difference between saving and investing, how to effectively achieve their financial goals and plan for retirement including estimating your retirement needs so that you can be in charge of your future.

Fort Belvoir, Virginia



Baby Bundles

Date(s): April 4, 2008

Time: 1:00—4:00 p.m.

Location: Army Community Service Conference Room, Bldg 210, Fort Belvoir

Instructor: Ms. Vonnie Blanken & Ms. Christina Walz-Rios

To register, call (703) 805-4547/2693.

Learn how to care for and financially prepare for your baby. Presented jointly by the New Parent Support & Financial Readiness Programs. Class is limited to 12 participants per month and pre-registration is required. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).

Long Term Care Planning

Date(s): April 9, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 210, Fort Belvoir

Instructor: Mr. Tony Pao

To register, call (703) 805-4590.

Learn about investment products and strategies for retirement care planning.

Road to Home Ownership

Date(s): April 10, & May 8, 2008

Time: 1:00 — 4:00 p.m.

Location: Army Community Service Classroom, Bldg 210, Fort Belvoir

POC: Ms Vonnie Blanken

To register, call (703) 805-4590.

Learn everything you need to know about buying a home.

First Termers Mandatory Money Management

Date(s): April 16, 2008

Time: 8:00 a.m. — 4:00 p.m.

Location: Army Community Service Classroom, Bldg 210, Fort Belvoir

Instructor: Ms. Alanah Lavinier

To register, call (703) 805-4590/2606.

This class is mandatory for first term enlisted Soldiers. The workshop covers the basics of personal financial management.

VHDA Home Ownership

Date(s): April 23, 2008

Time: 4:00 — 6:00 p.m.

Location: Army Community Service Classroom, Bldg 210, Fort Belvoir

Instructor: Mr. Terry Belts (VHDA)

To register, call (703) 805-4590.

Class covers budgeting, credit, the loan process qualifying and lower rate programs, home inspections, the loan closing process & closing documents.

Retirement Planning

Date(s): May 14, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Mr. Tony Pao

To register, call (703) 805-4590.

Learn the fundamentals of investing your money to build a financially secure future. Class covers: life insurance, long term care insurance, business insurance, retiring financially fit, thrift savings plans and savings and investing.

Understanding Your Credit Score

Date(s): May 20, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Kathy Devine

To register, call (703) 805-4590.

Find out everything you need to know about your credit score, what it means, and how it affects you.

Homebuying Seminar

Date(s): May 21, 2008

Time: 11:30 a.m. — 4:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Mr. Phil Wallace (VHDA)

To register, call (703) 805-4590.

This class helps take the mystery out of buying a home.



**WEAR A BLUE RIBBON
PREVENT CHILD ABUSE**

FINANCIAL READINESS (CONTINUED)

Fort Myer, Virginia

Debt Liquidation & Credit Management

Date(s): April 3, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This workshop covers how to get out of debt and keep your credit in check.

Banking & Financial Services

Date(s): April 11, 2008

Time: 11:30 a.m. — 4:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

This class gives the insight from choosing a bank to particular services that they offer and how they benefit you.

Home Buying Seminar

Date(s): April 17, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Mr. Phil Wallace (VHDA)

To register, call (703) 696-3510.

This class helps take the mystery out of buying a home.



Remedial Check Writing

Date(s): April 25, 2008

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Learn the ABCs of checkbook maintenance.

Budgeting for Baby & Baby Bundles

Date(s): May 2, 2008

Time: 1:00—4:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Lisa Yenter

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).



Credit Booster: Secrets of Using Credit

Date(s): May 9, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

This insightful session uncovers the secrets of successfully and intelligently using credit. Discover key points and methods of using credit and becoming a wise consumer.

Long Term Care Planning

Date(s): May 16, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

Learn about investment products and strategies for retirement care planning.

First Termers Mandatory Money Management

Date(s): May 23, 2008

Time: 8:00 a.m. — 4:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This class is mandatory for first term enlisted Soldiers. The workshop covers the basics of personal financial management.

Joint Military Assistance Center (JMAC) PENTAGON

Home Buy / Sell Smart Seminar

Date(s): April 17, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Pentagon Library & Conference Center, PLC2, Room M5

POC: Ms. Joyce Idnay or Mr. William Acevedo

To register, call (703) 692-7735.

Participants will learn about the current market and how it may affect you, the "must knows" of financing, how to choose an agent, pros and cons of selling on your own, and staging and pricing your home for sale. You must pre-register by close of business April 15th.

NEW

Patuxent River, Maryland

Basic Budgeting

Date(s): April 9, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Trish O'Meara

To register, call (301) 342-4911.

This workshop offers knowledge and skills that will enable the participant to establish a personal spending plan that can be adapted to suit individual unique circumstances.

Banking & Financial Services

Date(s): April 21, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Trish O'Meara

To register, call (301) 342-4911.

This workshop offers knowledge and skills that will enable participants to utilize an appropriate financial institution in order to open and maintain a checking account.



FINANCIAL READINESS (CONTINUED)



Investments

Date(s): May 8, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Trish O'Meara

To register, call (301) 342-4911.

Learn the ups and downs of saving and investing. This workshop will enable participants to achieve their financial goals.

Credit Management

Date(s): May 16, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Trish O'Meara

To register, call (301) 342-4911.

This workshop offers information designed to help develop knowledge and skills that will enable the participant to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

EMPLOYMENT READINESS

NEW

Anacostic Annex, DC

Federal Resume Writing Workshop

Date(s): April 10, & May 3, 2008

Time: 10:00 a.m.—1:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn about the federal employment system, how to interpret job announcements, determine if you are eligible to apply and to build your outline format for the federal resume system.

Basic Resume Writing

Date(s): April 15, & May 20, 2008

Time: 11:30 a.m.—1:00 p.m.

Location: Pentagon

Instructor: TBA

To register, call (202) 433-6151.

Wondering how to write your resume to get the results you want? This workshop will help you get started or show you how to improve one you already have.

Resume Writing

Date(s): April 17, 24 & May 15,, 2008

Time: 9:00 a.m.—12:00 p.m. & 9:00—11:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Wondering how to write your resume to get the results you want? This workshop will help you get started or show you how to improve one you already have.

Federal Job Search

Date(s): April 22, & May 27, 2008

Time: 11:30 a.m.—1:00 p.m.

Location: Pentagon

Instructor: TBA

To register, call (202) 433-6151.

Learn about the federal employment system, how to interpret job announcements, determine if you are eligible to apply and to build your outline format for the federal resume system.

Career Planning for Spouses

Date(s): May 1, 15, 22, 29, 2008

Time: 8:30 —11:30 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn about the federal employment system, how to interpret job announcements, determine if you are eligible to apply and to build your outline format for the federal resume system.

Transition Assistance Program (TAP) Classes

Date(s): May 5-9, 2008

Time: 7:30 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This 5 day workshop is for pre-retirement or pre-separation Service Members. It covers resume writing, interviewing skills, salary negotiations, military benefits, and other topics that facilitate a smooth transition from the military to the civilian community. Spouses are encouraged to attend.

Fort Belvoir & Fort Myer, Virginia

Orientation

Date(s): April 1, 15, May 13, & 27, 2008

Time: 12:45 —3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Participants will meet with representatives from HR personnel to include Employment Readiness Program, Civilian Personnel Advisory Center and Non Appropriated Funds to start your job search.

Resume Writing

Date(s): April 8, & May 6, 2008

Time: 1:00 —3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Learn to write an effective resume that will get you interviews!

Computer Software / Interview

Date(s): April 22, & May 20, 2008

Time: 1:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Pick a software package from Access, Excel, Explorer, Outlook, Powerpoint, Windows, Word, Peachtree Accounting, Quickbooks. You may also interview with the company offering the training. Bring a copy of your resume.



EMPLOYMENT READINESS (CONTINUED)

Career Expo

Date(s): April 26, 2008

Time: 7:15 a.m. —3:30 p.m.

Location: Officer's Club, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Workshops, vendors, job fair and much more. Register by email to: Dawn@usometro.org

Maximizing Opportunities at Job Fairs

Date(s): May 1, 2008

Time: 1:00 —2:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Learn how to make the most of your visit to a job fair and work both the booths and the employers.

Evaluating & Negotiating Employer Benefits

Date(s): May 7, 2008

Time: 11:00a.m. —12:30 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

What are the benefits offered by most employers these days? How do they stack up to military benefits. Can you use your military benefits to negotiate a better deal with a perspective employer? Get the answers to these questions and more at this class.

Job Fair

Date(s): May 16, 2008

Time: 10:00 a.m. —2:00 p.m.

Location: Officer's Club, Fort Belvoir

POC: Ms. Vicki Mullen

To register, call (703) 805-4590.

Between 40-50 employers with Federal, State and local government, private industry, and DOD contractors. No registration required. Bring your resume.

Fort Meade, Maryland

Resume Writing

Date(s): April 1, & May 6, 2008

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler, Ms. Karol Yox & Ms. Julie Yates

To register, call (301) 677-5590.

This workshop, ideal for first time resume writers, but with something for everyone, will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume. Call to register and confirm classroom location.

Federal Employment: 10 Steps to a Federal Job

Date(s): April 8, & May 6, 2008

Time: 9:00 a.m.—12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler, Ms. Karol Yox, & Ms. Julie Yates

To register, call (301) 677-5590.

Learn about understanding job vacancy announcements, writing your Federal and Electronic Resumes, tracking your applications, writing KSA's (knowledge, skill and ability) statements. Call to register and confirm classroom location.

Job Search Strategies

Date(s): May 20, 2008

Time: 9:00 a.m. - 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

POC: Ms. Phyllis Wheeler, Ms. Karol Yox & Ms. Julie Yates

To register, call (301) 677-5590.

Learn techniques to help you succeed in your job search, as well as tools for networking and negotiating job offers. Includes sections on dress for success and how to work a job fair.

Career Exploration

Date(s): April 15, 2008

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler, Ms. Karol Yox & Ms. Julie Yates

To register, call (301) 677-5590.

Using various assessment tools and techniques, learn about your personality preferences, values and interests, and how to use them to explore different careers for achieving personal and professional success.

NEW

Patuxent River, Maryland

Job Zone Job Fair

Date(s): April 22, 2008

Time: 3:00—7:00 p.m.

Location: J.T. Daugherty Conference Center by Gate 1 of NAS Patuxent River

Instructor: Ms. Janet Giles

To register, call (540) 775-4199.

This job fair is sponsored by the Fleet & Family Support Center with typically 50-60 companies represented.

Ten Steps to a Federal Job

Date(s): April 24, 2008

Time: 2:00.—4:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Linda DeBroeck

To register, call (301) 342-4911.

Learn the 10 steps on how to navigate the federal job system.

Resume Writing

Date(s): May 15, 2008

Time: 2:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Linda DeBroeck

To register, call (301) 342-4911.

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited, call early and reserve your space.

Spouse Career

Date(s): May 27-30, 2008

Time: 9:00 a.m.—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Linda DeBroeck

To register, call (301) 342-4911.

This class will empower military spouses to manage their own career/life goals and enable them to be in a position of choice in their lives.

SUPPORT GROUPS

NEW

Anacostic Annex, DC

IA Support Group

Date(s): April 3, & May 1, 2008

Time: 6:00—8:00 p.m. & 5:00—7:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Is your spouse deployed? Join our support group to share experiences with others while learning at the same time. You don't have to go through this alone, please join us.

Single Parent Support Group

Date(s): April 9, 2008

Time: 11:00 a.m. —1:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Join other single parents while learning the challenges of single parenting in the military. Learn how to deal with child care, deployment and mobilization issues while on active duty and to be a loving, successful parent. Bring your lunch and stop in when you can.

Joint Military Assistance Center (JMAC) PENTAGON

Single Parent Support Group

Date(s): April 11, & May 9, 2008

Time: 11:30 a.m. —1:00 p.m.

Location: JMAC Center, Room 2D173, Pentagon

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

Join other single parents to discuss the challenges of single parenting in the military. Guest speakers and topics vary monthly. Feel free to bring a brown bag lunch.

Fort Belvoir, Virginia

Hearts Apart

Date(s): April 17, & May 15, 2008

Time: 6:00—7:30 p.m.

Location: Army Family Team Building, Bldg 1153, Fort Belvoir

Instructor: Ms. Tamy Braddy

To register, call (703) 805-3436.

Support group for spouses whose sponsor is serving away from home. Free meal and on-site child care provided. Please call for a reservation.

Fort Myer, Virginia

Parents Helping Parents (PHP)

Date(s): April 29, & May 31, 2008

Time: Varies* - Call for confirmation and details

Location: Varies* - Call for confirmation and details

Instructor: Ms. Lisa Yenter

To register, call (703) 696-3512.

PHP is an active group of parents who come together monthly to network with other parents while spending quality time with their children attending exciting and fun events and outings. This support group offers information, helpful tips, local resources and problem solving suggestions from the group participants. Our facilitator also provides referrals and information on other services available to parents. Activities vary every month. Why not come join us and be a PHP!

*Tentative Schedule

- ★ April 29th —9:00 a.m.—3:00 p.m.
Parent University Workshops
Ft. Belvoir, VA
Limited childcare available call early
- ★ May 31st —10:00 a.m.—12:00 p.m.
National Zoo, DC

ARMY FAMILY TEAM BUILDING (AFTB)

AFTB - Level III NEW

Date(s): April 22-24, 2008

Time: 9:30 a.m. — 3:00 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

New level III focuses on developing leadership skills with courses including Building Cohesive Teams, Managing Group Conflict, Leader Assisted Problem Solving and more.

AFTB Instructor Training

Date(s): May 13-16, 2008

Time: 9:30 a.m. — 3:00 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

Upon completion of this course, candidates receive a certificate which qualifies them as a professionally trained AFTB instructor. *Free childcare provided at South Post CDC for children registered with CYS. Contact the AFTB office to reserve a slot for childcare no later than May 2nd.

AFTB - Spouse Leadership Course

Date(s): May 27—29, 2008

Time: Various times, contact the office for details.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

This course is targeted towards spouses who are in a leadership position themselves within organizations such as PTO, FRG and Scouting. The courses will also benefit spouses of military members in (or soon to be in) a leadership position such as First Sergeant, Command Sergeant Major, Battery/Company, Battalion, or Brigade Level Command. *Free childcare provided at South Post CDC for children registered with CYS. Contact the AFTB office to reserve a slot for childcare no later than May 16th.

PARENT UNIVERSITY
April 29th
Barden Education Center
Ft. Belvoir
See class ad on pg 2

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Fort Belvoir, Virginia

EFMP Open Swim

Date(s): Every Saturday

Time: 1:00—5:00 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Rene Fizer

To register, call (703) 805-2967/5435.

Each Saturday, the enrolled Family Member and a caregiver swim free during open swim at Benyaurd Indoor pool. The program runs from September to June each year. You need a pass to use the pool. They are available at our office and good for the season.

Adaptive Aquatics Swimming Classes

Date(s): April 23—May 28, 2008

Time: 5:00—5:45 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Rene Fizer

To register, call (703) 805-2967/5435.

A great opportunity for children ages 4-18 years to play and splash while learning developmental swimming instruction from a water safety instructor. Classes are every Wednesday. A parent or caregiver must be in the pool with participant during the lesson. If interested, please call the EFMP Office.

EFMP Resources Available



Online Classes : Exceptional Parent Magazine offers free online classes for all military families. Register online at <http://www.epliveonline.org> and listen at home or participate interactively in our office. You can also view the seminars online after the event. Please call Ft. Belvoir ACS for more information at (703) 805-2967/5435.



Exceptional Parent Magazine:

Free at Ft. Belvoir & Ft. Myer's ACS.

New issues every month. Good information for parents with a new military section added—www.eparent.com. For more information call (703) 805-2967/5435 or (703) 696-8467/3510.



Respite Care

Ft. Belvoir & Ft. Myer's ACS.

Respite care is now available to Army Family Members with special needs who are enrolled in the EFMP and meet specific medical criteria. The qualifying EFM is eligible to receive a maximum of 40 hours monthly. For more information call (703) 805-2967/5435 or (703) 696-8467/3510.

For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.



To advertise your program, event or class in this bulletin, contact:

Karen St. Pierre
(703) 696-3512
Karen.Stpierre1@us.army.mil

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

Fort Myer . . (703) 696-8467
Fort Belvoir. (703) 805-2967
Fort Meade . . (301) 677-5590
WRAMC. . . (202) 782-3390

VOLUNTEERS NEEDED!

Fort Myer Army Community Service is looking for volunteers to answer phones, and greet clients.

For more information contact:

Ms. Blanche Glymph, (703) 696-3510